

## Briefly



### AF Ball tickets

While tickets for the Air Force Birthday and Centennial of Flight Ball go on sale Sept. 1, Team Holloman members who can't attend may purchase a commemorative coin for \$5. Attendees will receive a coin and that cost will be included with their ticket. Ticket prices haven't been finalized.

Call 1st Lt. Carl Cook or Elisa Sanchez at 572-7004 to purchase a coin by Sept. 1.

### Munitions closure

The munitions storage area will be closed Sept. 8 to 19 for inventory. Requests submitted by Aug. 25 must be picked up by Sept. 2. Only emergency requests approved by the 49th Maintenance Group commander will be honored. Call munitions operations at 572-1612 for information.

### American Grille

American Grille will have a food tasting to introduce their new menu at 6 p.m., Aug. 23. The cost is \$10 for non-members and \$8 for members.

### Change of command

The 49th Aircraft Maintenance Squadron will have a change of command at 8 a.m., today, in building 868, bay 3.



Photo by Laura Pellegrino

### Get in line

**Airman 1st Class Ronald Person (left) and Senior Airman Arron Schultz, Honor Guard members, practice their drill movements. The base honor guard is seeking new members. For information about joining the Honor Guard, stop a cadre member, stop by building 273 or call 572-2077.**

## 2003 CFC begins

by Tech. Sgt.  
Paul Coupaud

49th Fighter Wing Public Affairs

The 2003 Combined Federal Campaign begins Thursday.

A CFC kick-off event will provide free hot dogs, burgers, pastries and refreshments and will give base members a chance to learn more about the CFC and the many nonprofit agencies it benefits.

The United Way heads up the CFC drive and is responsible for the operations, implementation and distribution of all funds raised during the campaign. More than 50 area nonprofit organizations will have information booths at the picnic.

The CFC is the only authorized

**see CFC, Page 2**

## Details emerge on new fitness test

Beginning next year, Air Force officials will implement a new fitness test completely different than what airmen today are familiar with.

The more functional test will include a 1.5-mile timed run, a muscular-fitness test of push-ups and crunches and a body composition test. It is designed to measure the general health of airmen, said Maj. Lisa Schmidt, chief of health promotions operations at the Air Force surgeon general's office.

"The goal is to have a healthy, fit

force that can deploy at any time," Schmidt said. "Our goal is to prevent the onset of diseases such as heart attacks, stroke, high-blood pressure and high cholesterol. Basically, it is about keeping members healthy so they will perform optimally, in-garrison and deployed. Healthy members are more heat-, stress- and fatigue-tolerant, and less prone to illness and injury."

To measure airmen's overall fitness, Schmidt's office and a panel of health and fitness experts devel-

oped a three-component measurement system that looks at aerobic fitness, body composition and muscular fitness, she said.

An airman's performance in each of the three component areas will earn points. They can earn a maximum of 50 points on the aerobic portion of the test, 30 points on the body composition portion and 20 on the muscular fitness portion.

The total number of points earned

**see FITNESS, Page 2**



Weather forecast provided by the 49th Operations Support Squadron Weather Flight



solicitation of federal employees on behalf of charitable organizations, according to United Way Chief Professional Officer Karla Chapman. The CFC support giving to charities by promoting an employee-focused, cost-efficient and effective way for federal employees to contribute.

Each year, federal employees and military personnel raise millions of dollars through the CFC that benefits thousands of nonprofit charities. In 2001, the CFC received a total of \$241.5 million in contributions and \$237 million in 2002.

The CFC is run through key

workers who distribute information and collect pledge cards.

The picnic includes free food and is from 11:15 a.m. to 1 p.m., Thursday, in front of the Officers' Club.

Team Holloman members can contact their unit CFC representatives or the base CFC points of contact, 2nd Lt. Gina Sortor at 572-5472 or 2nd Lt. Paul Sortor at 572-7373, for information. *(Meghan Musante from the Alamogordo Daily News contributed to this story.)*

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## **FITNESS**

from Page 1

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on the fitness test will put the airman into one of four categories: 90 or greater is excellent, 75 to 89.9 is good, 70 to 74.9 is marginal, and less than 70 is poor, Schmidt said.

"Scores based on health provide an opportunity for earlier intervention," Schmidt said. "If somebody scores in the marginal or poor category, we know they are at higher risk for disease. Therefore, we intervene with education and more frequent testing to monitor their progress."

People scoring marginal on the test will attend a two-hour healthy-living workshop that focuses on lifestyle behavior, time management and fitness education, Schmidt said.

Intervention for people scoring in the poor category involves the healthy-living workshop, an individualized exercise program and a weight-loss program for those who exceed body fat standards. It also involves mandatory exercise five days a week, she said.

Tests for other components of the fitness standard have already been determined. A 1.5-mile run will determine aerobic fitness. Airmen who are not medically cleared to run will take the cycle-ergometry test. Muscular fitness will be determined by both push-ups and crunches, which will be similar to those done in conjunction with the

cycle-ergometry test.

Airmen's scores on the new fitness test will also determine how often they need to retest. People scoring "good" or "excellent" will retest after a year, while those scoring "marginal" will retest after six-months. Airmen scoring "poor" will retest after 90 days.

Just how many push-ups and crunches airmen will have to do, or how fast they will have to run, has yet to be finalized. Schmidt's office has developed draft charts for the composite score. The fitness standards on the draft charts are tailored to both age and gender.

While the charts are not available yet, airmen who are not already involved in some sort of exercise program should begin now, Schmidt said.

Kevin Fallon, the fitness program manager at the Health and Wellness Center here, says people here should get ready for the fitness test now.

"Members need to train on a daily basis," he said. "Cross training would be a good thing to do. You want to do different things like aerobics, walking and cycling. Also, weight training can help your strength for the pushups and the crunches.

"People need to prepare for this, but before anyone begins any strenuous physical fitness program, they should consult their physician," he said.

For more information on the new fitness test, contact the HAWC at 572-5785. **(AFPN)**

# Dining facilities: Some restrictions apply

by Amn. Stephen Collier  
*49th Fighter Wing Public Affairs*

There are a few rules Holloman members need to know if they've ever thought about taking their family to the dining facility.

With a variety of meals available in the dining facilities, servicemembers and their families have many options for a nutritious meal ... but some restrictions do apply.

The Shifting Sands and Westerner dining facilities provide meals at a small price to enlisted personnel, officers, retirees, Department of Defense civilians and their dependents alike. Yet there are restrictions as to who can use those facilities, how much they pay for meals, and when they're allowed to eat there.

According to Tech. Sgt. Gina Tremmel, 49th Services Squadron food service NCOIC, people are sometimes confused about usage of these facilities.

"While we want to satisfy E-1s through E-9s, it's our main priority to make sure we take care of the Subsistence in Kind customers first," said Tremmel.

SIK is the meal plan for airmen grades E-1 through E-4 who live in dormitory housing, and Army personnel who are stationed at Holloman.

"We want everybody to know that the family members of enlisted personnel are entitled to eat here anytime, including holidays, as long as they are accompanied by their

sponsor and pay the 33-percent surcharge," she said.

If a dormitory resident marries, they are no longer entitled to eat at the dining facility for free, as they receive basic allowance for subsistence instead of SIK. Even if their BAS hasn't started yet, they still aren't authorized to eat at the facility for free if they are married. If any airmen have concerns about eating at the dining facility, they are encouraged to speak to their first sergeant.

Other personnel, including retirees, officers and their families, also come under dining facility restrictions.

"Retirees are allowed in the dining facility, but they also pay the 33-percent surcharge," said Tremmel.

"Officers, with the written permission of the installation commander, can also eat in the facilities to check on the quality of food for their



Photo by Amn. Stephen Collier

**Airman 1st Class Marlena Terrell, a food service apprentice, serves lunch at the Shifting Sands Dining Facility.**

troops," she said. "Officers who are here on temporary duty can eat in the dining facility as long as their orders direct them to."

All details dealing with the dining facility can be found in Air Force Instruction 34-249, attachment 13, which outlines all entitlements for base dining facilities and the regulations they come under.

For more information on the dining facility, contact the food services department at 572-5158.

## DICE-man brings security message to masses

by Tech. Sgt. Paul Coupaud  
*49th Fighter Wing Public Affairs*

With the threats against U.S. military personnel at home and abroad, the need for Operations Security is at an all-time high.

Ray Semko, a 33-year veteran of U.S. military and government service who specializes in military intelligence and counterintelligence, will visit Holloman Tuesday to help drive the message home to Team Holloman members.

Holloman Air Force Base has already made great strides in updating OPSEC practices. According to Master Sgt. James Lamarche, the base OPSEC manager, squadrons all across the base have recently updated their critical information lists and purged their Web sites of any sensitive, unclassified information.

"Immediately following (the purge) was the re-structured Wing CIL, which contained the added measure of enforcing 128-bit encryption when sending sensitive non-classified information electronically. It's the first measure of its kind in the command," he said. "Another giant step was the approval of the first wing OPSEC plan to give clear-cut guidelines to the program. And still OPSEC remains a stranger to some of us."

This is where the DICE-man steps in. Semko's presentation on Defensive Information to Counter Espionage is advertised as an entertaining and informative way to teach people to protect the information they handle.

The briefings are at 9 a.m., 1 p.m. and 7 p.m., Tuesday, in the Enlisted Club Ballroom. Family members can attend the 7 p.m. presentation.



# Holloman Salutes



The Mayo Professional Military Education Center Class 03F graduated Aug. 5. Class award winners and graduates were:

## ***John L. Levitow Award***

### **49th Contracting Sq.**

Staff Sgt. Vernon Verschelden

## ***Academic Award***

### **49th Operations Support Sq.**

Senior Airman Jenette Reitman

## ***Leadership Award***

### **49th Contracting Sq.**

Staff Sgt. Vernon Verschelden

## ***Distinguished Graduates***

### **49th Communications Sq.**

Staff Sgt. Antonio Archuleta

### **49th Aircraft Maintenance Sq.**

Senior Airman Francisco Lagunas

## ***Class graduates***

### **49th Communications Sq.**

Senior Airman Daniel Roshio

### **49th Aircraft Maintenance Sq.**

Senior Airman Garnett Hubbs

Senior Airman Cassidy McCulley

### **49th Maintenance Sq.**

Senior Airman Trenton Bussell

Senior Airman Jerred Scotten

Senior Airman Matthew Guthrie

Senior Airman Ernesto Ledesma

Senior Airman Lance Ward

### **49th Logistics Readiness Sq.**

Senior Airman Tracy Pederson

### **49th Security Forces Sq.**

Senior Airman Laura Adams

Senior Airman Patrik Tanner

Senior Airman Joseph Singer

Senior Airman Joshua Morris

Senior Airman Scott Nadeau

### **49th Services Sq.**

Senior Airman Shawn Houston

Senior Airman Juan Salas

Staff Sgt. Jeffrey Shepard

### **49th Civil Engineer Sq.**

Senior Airman Steven Herzog

Senior Airman Dennis Kasgnoc Jr.

### **49th Medical Dental Support Sq.**

Senior Airman Chad Redder

### **49th Materiel Matinenance Sq.**

Senior Airman Arris Pineda

Senior Airman Eric Hayes

Senior Airman Jeremy Hyde

## ***Reenlistments***

The following Team Holloman members reenlisted in July:

### **Two years**

Tech. Sgt. Eugene Hughley Jr, 49th Materiel Maintenance Sq.

Tech. Sgt. Mark Lankford, 49th Logistics Readiness Sq.

Tech. Sgt. Dennis Lehr, 49th Maintenance Operations Sq.

### **Three years**

Senior Master Sgt. Elizabeth Nocito, 49th Aeromedical-Dental Sq.

Chief Master Sgt. William Tully, 49th Aircraft Maintenance Sq.

### **Four years**

Staff Sgt. Terrence Allen, 49th Maintenance Sq.

Tech. Sgt. Kimberly Clark, 49th Logistics Readiness Sq.

Tech. Sgt. Ted Larson, 49th Maintenance Group

Tech. Sgt. Joseph Hatch Jr., 49th Security Forces Sq.

Tech. Sgt. James Liessmann, Det. 10, 372nd Training Sq.

Tech. Sgt. Jay Lockwood, 49th Security Forces Sq.

Tech. Sgt. Martin Massey, 49th Maintenance Group

Master Sgt. Jesus Mireles III, 49th Communications Sq.

Senior Amn. Jamario Norman, 49th Operations Support Sq.

Staff Sgt. Elizabeth Ramos, 49th Mission Support Sq.

Senior Amn. Karisha Robinson, 49th Materiel Maintenance Sq.

Tech. Sgt. Greg Talbot, 49th Aircraft Maintenance Sq.

Senior Amn. Demetria Weston, 49th Aircraft Maintenance Sq.

### **Five years**

Staff Sgt. Jason Nassef, Det. 1, 53rd Test and Evaluation Group

Staff Sgt. Robert Piispanen, 49th Materiel Maintenance Sq.

Staff Sgt. Eric Pina, Det. 10, 372nd Training Sq.

Staff Sgt. Paul Wyatt, 49th Aircraft Maintenance Sq.

### **Six years**

Staff Sgt. Jose Delval, 49th Logistics Readiness Sq.

Senior Amn. Samantha Harrison, 49th Maintenance Operations Sq.



Courtesy photo

## ***One more time!***

**Staff Sgt. Paul Wyatt, 49th Aircraft Maintenance Squadron, receives the oath of enlistment from Capt. Chad Gallagher during his reenlistment ceremony. Wyatt reenlisted for five years while deployed with the 407th Air Expeditionary Group in Iraq.**



## Citations

Security forces issued 26 citations from Aug. 12 through Tuesday: Four for speeding one to nine mph over the limit, seven for speeding 10 to 20 mph over the limit, one for speeding 29 mph over the limit and reckless driving, one for no insurance, one for no registration, two for no registration and no insurance, one for driving under the influence, three for failure to stop, one for seat belt wear, one for creating the appearance of an emergency vehicle, one for no license, one for display of license, one for contributing (alcohol) to the delinquency of a minor, and one for illegal parking.

## Property theft, loss or damage

- Aug. 17: An airman reported he broke his dorm window in building 333.
- Aug. 17: An airman reported damage to his privately owned vehicle.

## Patrol response

- Aug. 12: An airman reported his family member was harassing him after a no contact order had been issued.
- Aug. 13: An airman was advised of his rights for Article 128, Assault, after a family member reported he had assaulted them.
- Aug. 13: An airman reported a suspicious individual wearing a ski mask near the youth center.
- Aug. 13: An NCO reported an unknown individual taking pictures of the west ramp restricted area.
- Aug. 15: An anonymous caller reported an individual taking pictures near the 4th Space Control Squadron. The individual's film was confiscated.
- Aug. 15: An Army and Air Forces Exchange Service employee reported a gas-n-go in the amount of \$17.51

at the Shoppette.

- Aug. 15: An airman was advised of his rights for Article 92, Failure to Obey a Lawful Order (underage drinking).
- Aug. 15: A family member was advised of her rights under the 5th Amendment of the U.S. Constitution for driving under the influence of intoxicating liquor or drugs.
- Aug. 15: An airman was advised of his rights for Article 31, Driving Under the Influence of intoxicating liquor or drugs.
- Aug. 16: Two airmen reported nuisance phone calls being made to them by another airman's family member.
- Aug. 17: A family member reported a verbal altercation within base housing.
- Aug. 17: An NCO reported a battery problem at the Base Exchange.
- Aug. 18: An NCO reported he was the victim of a prank at his room in lodging.
- Aug. 18: An NCO reported a possible gas leak within base housing.
- Aug. 18: An AAFES employee reported a gas-n-go in the amount of \$6 at the Shoppette.

## Civil arrest

- Aug. 15: Two airmen were arrested at their respective off-base quarters by the Alamogordo Department of Public Safety on bench warrants for failure to appear and failure to pay fines.

## ID cards, vehicle decals and badges

An expired dependent identification card was confiscated at the main gate.

These incidents can become breaches of security. If personnel have a military issued ID card stolen or lost, or a DD Form 2220 stolen from a vehicle or missing from the squadron's inventory, report it to security forces immediately.

Security forces can be alerted to look for the missing item, given the information and serial numbers placed on each accountable item.

**If you know of or have any information concerning any of these incidents, please contact security forces at 572-7171 or your first sergeant. For the Crime Stop Help Line, please contact security forces at 572-1100 or dial "911".**

# DWI Update

Days since last DWI	2	<u>Last six DWIs:</u>
DWIs year to date	17	• 49 MMSS Aug. 16
DWIs this time last year	16	• 49 CES July 7
		• 49 MXS June 26
		• 49 LRS June 12
		• 49 MMS June 7
		• 49 MXS* May 31

(The DWI update and 572-RIDE reflect FY 2003. The \* denotes family member or civilian employee.)

## 572-RIDE works!

*Calls MADE are lives SAVED.*

**Calls:**  
**Year to date: 348**  
**Last week: 17**

## Holloman Chapel Services

<b>Weekday Masses</b> – 11:30 a.m., Monday, Wednesday, Thursday and Friday.	• General Protestant Worship Service, 11 a.m.
<b>Sunday</b> – Catholic Mass, 9:30 a.m. and 5 p.m.	• Protestant Contemporary Worship Service, 6:30 p.m.
• Sacrament of Penance, 4 p.m.	• Protestant and Catholic Religious Education resumes Sept. 14

Call 572-7214 for more information.

## 49th Fighter Wing Commander’s Access Channel

The commander’s access channel, cable channel 3, offers up-to-date information about current security conditions, closures on base, hours of various programs on base and community information about what programs and events are available at Holloman and in the local area. The commander’s access channel also features the following videos today through Thursday:

- Air Force Television News: 6 a.m., 9 a.m., 11 a.m., 2 p.m., 5 p.m. and 7 p.m.
- Air Force Family Child Care Program: 7 a.m., 12 p.m., 3 p.m. and 6 p.m.



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Articles must be typed and double-spaced. Stories should be submitted directly to the Public Affairs Office via e-mail to [49fw.pa.sunburst@holloman.af.mil](mailto:49fw.pa.sunburst@holloman.af.mil) or mailed to **49 FW/PA, 490 First Street, Suite 2800, Holloman Air Force Base, N.M., 88330-8287**. All material is edited for accuracy, brevity, clarity, and conformity to regulations. The delivery of the SUNBURST to Holloman on-base family housing sections is provided by Alamogordo Daily News. The deadline for submitting articles to the SUNBURST is 4 p.m. Thursday the week before publication. For advertising information, call (505) 437-7120.

# Holloman Hotline

572-7500



The Hotline is your direct link to the 49th Fighter Wing commander. If you’ve tried to solve the problem yourself and haven’t been able to get results, call 572-7500 or e-mail [cc.hotline@holloman.af.mil](mailto:cc.hotline@holloman.af.mil). Leave your name and phone number so the office of primary concern can contact you. Before submitting a Hotline, please give the appropriate agencies a chance to work out the problem. If you want to pass on praise for a job well done, please contact the supervisor or commander directly who can provide the appropriate recognition to the individual or group. The unit commanders and agency chiefs want to help. Let them try first.

<b>Housing Office</b> 572-3981	<b>Base Exchange</b> 479-6164	<b>Medical Clinic</b> 572-5991
<b>Finance</b> 572-5107	<b>Services</b> 572-3528	<b>Commissary</b> 572-5127
<b>Housing Maintenance</b> 572-7901	<b>Fraud, Waste and Abuse</b> 572-3713	



Photo by Tech. Sgt. Paul Coupaud

## Proper uniform wear

**Master Sgt. Steve Jones, 49th Mission Support Squadron first sergeant, demonstrates how he corrects uniform wear violations. A Commander’s Hotline caller saw a military member who wasn’t wearing their hat or BDU shirt while at an off-base gas station. Brigadier Gen. Jim Hunt, 49th Fighter Wing commander, said, “You are absolutely correct to be concerned! We will wear our uniforms properly, both on and off base. I wish you could have stopped and corrected the individual on the spot — I assure you that I will if I see such a thing! I ask all of you to do your duty — wear your uniform with pride, and correct those who don’t. An individual not in their immediate duty area who is wearing just a T-shirt without a hat is an insult to all of us who wear the uniform.”**





Photos by Tech. Sgt. Paul Coupaud

## Give and get

(Above) Lt. Col. Leslie Ness, 49th Medical Support Squadron commander, plants a pie in the face of Senior Master Sgt. Elizabeth Nocito, 49th Aeromedical Dental Squadron superintendent, during a recent Chili Cook-Off and pie-in-the-face auction at the base chapel annex. (Right) Ness enjoys the pie she received. The cook-off and pie-in-the-face auction raised more than \$750 for the Air Force Birthday and Centennial of Flight Ball scheduled for Oct. 18. Money raised will help offset the price of tickets, which go on sale Sept. 1.



# Avoid the headaches when buying a car

by 1st Lt. Heather Newcomb  
49th Fighter Wing Public Affairs

Throughout the last century, automobiles have become a necessity in the daily lives of Americans. They're also one of the major financial investments a person makes.

The 49th Fighter Wing chief of civil law, legal assistance and preventive law recommends three important points to remember when browsing through the new or used car lots looking for the perfect vehicle.

"First, no matter how much you dislike the thought of car buying, give yourself plenty of time to shop," said Capt. Daniel Watson. "Don't put yourself in a position where you have to make a rushed decision."

Watson added that a person should never be afraid to walk away from a dealership at any time and should never let a sales representative pressure them into an agreement.

A lot of people aren't aware that they can, and should, request a copy of the Truth in Lending Act disclosure from a dealer before they sign any sales docu-

ments. The TILA disclosure outlines the term of the credit sale, and will allow for easy comparison shopping.

"A simple comparison will enable you to make an informed decision about who is offering the best deal," Watson said. "For example, you'd be able to see that a dealer with a higher sales price might actually be offering you a better deal than a dealer with a lower sales price, because the deal with the higher sales prices could have lower fees attached to it."

The most important thing to remember before driving away in a new vehicle is to have the dealer sign over the title of the car.

"After the sales documents have been signed and you drive away, most dealers must then sell your loan contract to a permanent lending institution," Watson said. "If a dealer can't sell your loan on the terms that you agreed upon, often they will call you back in an attempt to renegotiate the deal, make a new deal or cancel the sale — and then seize the car you thought you already purchased."

"By ensuring the dealer signs the title over to you, you complete the sale, lock in your terms and avoid future head-

aches," he said.

For more information regarding an automobile purchase or any other personal, civil or legal matter, visit the Le-

gal Office, located in building 29, during their walk-in legal assistance hours, 9 a.m. to 12 p.m., Tuesdays or 2 p.m. to 4 p.m., Thursdays.



Photo by Tech. Sgt. Paul Coupaud

An airman browses through the Holloman vehicle sale "lemon" lot. Even for a private sale, it's a good idea to have base legal review your paperwork.

# CE deputy retires after 41 years

by **Laura Pellegrino**  
*Sunburst staff writer*

The 49th Civil Engineer Squadron deputy is retiring after 41 years with the military.

For the first 22 years of his career, Howard Moffitt was an active-duty civil engineer.

When he joined the Air Force in 1962, he wanted to be a pilot, he said, but he couldn't start undergraduate pilot school because of impacted wisdom teeth. His recruiter suggested he start in CE, have the surgery, and then start pilot training.

Once he started in CE at Amarillo Air Force Base, Texas, he found he would have to complete a three-year tour before starting his pilot training. After the three years, Moffitt decided that he wanted to stay with CE.

"I loved it," he said. "The people, the job, everything."

He came to Holloman in 1980, and after retiring from the Air Force in 1984, he was offered a temporary civil service position with CE.

He accepted, and when the temporary position ended, he started a GS-12 position with the squadron. After a few years, the squadron commander told Moffitt he needed a deputy.

He agreed, and has been the 49th CES deputy since 1987.

Now, after 41 years of service and 23 years at Holloman, Moffitt is leaving the squadron to pursue other interests.

"I have other things in life I would like to do," he said. "I want to do them while I'm still healthy."

Moffitt said Bob Shaeffer, the former airfield manager here who recently passed away, taught him a lesson about life.

"If you have other things you want to do, you probably ought to do them while you're able," he said. "There are no guarantees for tomorrow."

Moffitt has accomplished a vast number of things in his time at Holloman, said Maj. Gregory McClure, Operations Flight commander.

"He's been the driving force behind long range plans for CE," he said. "Also, he's very good at picking quality personnel to fill key positions."

Moffitt has seen several changes since



Photo by Laura Pellegrino

**Howard Moffitt (right) the deputy base civil engineer, and Forrest Kester, chief of the engineering flight, look over a map of the base.**

arriving at Holloman.

When he drove onto base in 1980, the houses were pastel yellow, green and blue, he said. There were no sidewalks, and very few trees or plants of any kind.

Now, 23 years later, all of the buildings are earth tones, there are sidewalks on almost every street, and the base is covered with plant life.

"I've touched every one of those projects," he said.

Debbie Hartell, Environmental Flight chief, said Moffitt's experience and knowledge have provided the squadron with a valuable resource.

"When there is a problem or issue I felt I couldn't handle, I could talk to him and he would help me come up with a solution," she said. "We've been very lucky all these years."

After retirement, Moffitt plans to stay in Alamogordo with his wife, Connie.

"I'll remember the fantastic people, relationships and experiences I've had for the rest of my life," Moffitt said.

According to McClure, the feeling is mutual.

"It's a big loss," he said. "We'll miss him."



## Off limits

Effective immediately, the Palm Side Lounge at 905 S. White Sands Blvd is off limits to military personnel assigned to Holloman Air Force Base. Military personnel may not enter the premises, including the parking lot, unless the order is modified or rescinded. Violations of the order are punishable under Article 92, Failure to Obey an Order or Regulation.

Direct any questions to the 49th Fighter Wing director of staff at 572-5572.

## Child welfare

There are specific age guidelines as to when a child on Holloman can be left unsupervised. This information is available on the Holloman Web page at <http://www.holloman.af.mil/newcomer/index.html> and will also be in next week's Sunburst.

## FSC

The Family Support Center offers the following classes and events at the FSC, building 40:

- Spouse employment workshop: 12:30 p.m., Monday.
- Thrift savings plan/REDUX: 8 to 10 a.m., Tuesday.
- Resume writing for adults: 9 a.m. to noon, Wednesday.
- Strategies for stress: 8 to 9 a.m., Thursday.

For more information, contact the FSC at 572-7754 or visit the website at [www.mil.holloman.af.mil/sptg/mss/fsc](http://www.mil.holloman.af.mil/sptg/mss/fsc).

## Air Force news

Team Holloman members who live on or off base can tune into the Air Force news at 10 a.m., 1 p.m. and 7 p.m., every day on channels one and 97.

## White Sands special events

White Sands National Monument holds the following special events:

- Hot Air Balloon Invitational: 7 a.m., Sept. 20 and 21.
- Star Party: 7:30 p.m., Sept. 27.
- Lake Lucero tour: 9 a.m., Sept. 28.
- Reservations accepted beginning Sept. 14.
- For more information, call 479-6124 or 679-2599, extension 232.

**B** On the  
BIG SCREEN



**The Holloman Base  
Theater is closed  
for renovations.**

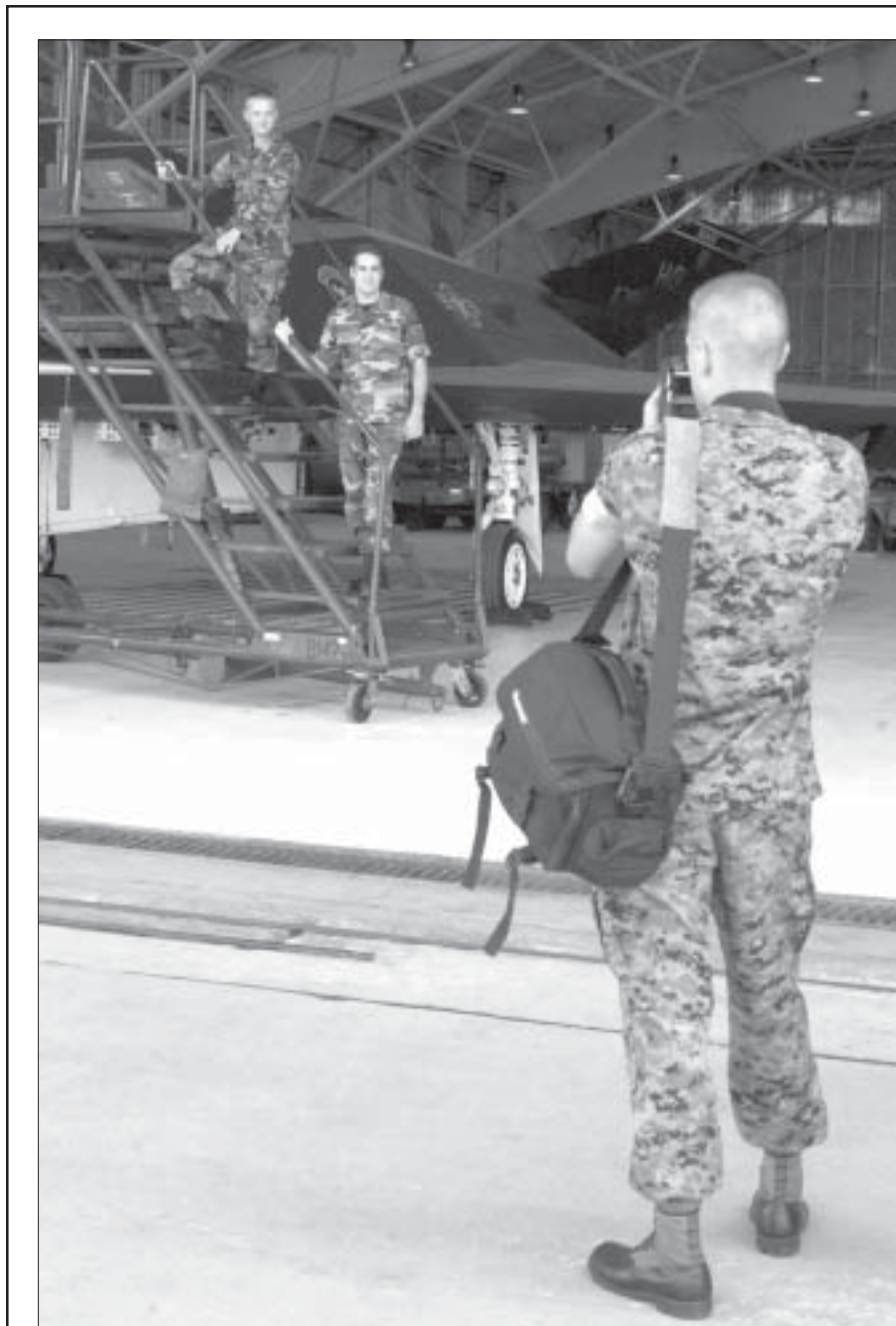


Photo by 1st Lt. Heather Newcomb

## Recruiting poster image

**Marine Cpl. Jake Boerhave takes a photo of Airman 1st Class Michael Patten and Staff Sgt. Michael Israel, 49th Aircraft Maintenance Squadron weapons loaders, for a feature in Profile magazine. The magazine is distributed to more than 30,000 high schools around the U.S.**

## Bowling specials

Cosmic Bowling is from 9:30 p.m. to 1 a.m., every Friday and Saturday at Desert Lanes Bowling Center. Cost is \$7 for up to four games and shoe rentals are 75 cents.

The bowling center also offers bowling for \$1 per game, 10 a.m. to 4 p.m., Monday to Thursday and \$1.50 per game 4 to 10 p.m. This special runs for the rest of the summer.

For more information, call Desert Lanes Bowling Center at 572-7378.

## Kids' Play Zone

The Kidsports Zone in the Whispering Sands Community Center is open 9 a.m. to 7:30 p.m., Monday to Friday. This play zone is for children one to ten-

years-old with parental supervision at all times. Cost is \$20 for a 30-visit pass, \$10 for a 13-visit pass, \$5 for a 6-visit pass, and \$1 for a two-hour visit.

## American Grille

The American Grille is now open from 4 to 8 p.m. every Sunday. Holloman's premiere restaurant is open to all ranks.

## Golf

The Apache Mesa Golf Course offers a summer special every Monday. Golf with a cart and play 18 holes for only \$15. For more information call 572-3574.

## Heritage month

Native American and Indian heritage

month is in November. If anyone is interested in serving on this year's committee, contact the Military Equal Opportunity office at 572-3032.

## Parade volunteers

The Alamogordo Chamber of Commerce Christmas Parade Committee needs two volunteers for traffic and crowd control committee, two for parade line-up, and one to be Santa for the night of the parade. Meetings begin in about two weeks and will be once a month until October, then will be twice a month up until the parade.

The committee also needs volunteers for the night of the parade to assist with traffic and crowd control. The parade is scheduled for Dec. 6.

Contact the Chamber of Commerce at 437-6120, or CJ Cooper at 572-5562 or 434-8313 after 5 p.m.

## Cheerleaders

Due to overwhelming response, the registration opportunity for youth and pee-wee football cheerleaders has ended.

Contact the cheerleader coordinators at [cheer4hafb@yahoo.com](mailto:cheer4hafb@yahoo.com) for information.

## Wet 'n' Wild discount

The Wet 'n' Wild WaterWorld park in Anthony, Texas offers a military discount Sept. 6 and 7. The entrance price will be \$7.95 with a valid military, dependent or retiree identification card. Park hours are 10 a.m. to 7 p.m. and the park is located on Interstate 10 at the border of Texas and New Mexico.

Call 915-886-2222 for more information.

## Civilian education

Appropriated fund Air Combat Command employees can get civilian tuition assistance from the Base Training and Education Services. The cap on the tuition assistance is \$3,500 per year, \$187.50 per semester hour and \$166 per quarter hour. Classes must be related to the mission of the unit, not necessarily to the person's job. For instance, a secretary from the finance office could take budget courses.

Contact the education office at 572-3971 or stop by building 224, Room 203.

## ESL classes

New Mexico State University at Alamogordo offers an Intermediate English as a Second Language Listening and Speaking class as well as an Intermediate ESL Composition and Grammar Review class. Contact Cindy Holder at 479-4318, or stop by the education center. Class size is limited and registration ends Thursday.

# AF works to demobilize Guard, Reserve

by Staff Sgt. A.J. Bosker  
*Air Force Print News*

The Air Force is working to return the nearly 28,000 mobilized Guard and Reserve airmen to their families and civilian jobs as quickly as possible, according to the service's senior manpower official.

"There are a full range of initiatives that we're undertaking to accomplish the mission without mobilized Air Reserve Component airmen," said Michael L. Dominguez, assistant secretary of the Air Force for manpower and reserve affairs at the Pentagon.

"Our goal is to return them to their citizen-airmen status and let them go back home to their families and their civilian careers," Dominguez said.

However, the demobilization of these airmen, 10,000 being security forces, is driven by workload, as determined by the combatant commanders in the field.

"The Air Force is a force

provider to these combatant commanders," Dominguez explained. "The major challenge facing these commanders in the global war on terrorism is to be able to accurately determine what their future requirements will be."

Besides defining future requirements, the combatant commanders need the capabilities the Guard and Reserve can provide, he said.

"There are dozens of expeditionary bases in the theater and a significant number of soldiers and Marines who rely on the airlift capabilities provided by the Guard and Reserve," he said.

In spite of this, Dominguez and other senior leaders are watching the situation closely.

"As soon as our manpower requirements are defined, the Air and Space Expeditionary Force Center at Langley Air Force Base, Va., will decide the best way to source these requirements, and we can bring our people home," said

Dominguez.

Although these Guard and Reserve airmen were called up for a two-year mobilization, Dominguez said he believes the Air Force should rely on them only as long as absolutely necessary.

"The Air Force couldn't have done what it has over the past two years without these airmen, but we must remember that we share them with their families, employers and communities," he said. "We have to get them back home as soon as the mission permits."

Dominguez dismissed the rumor that the service is planning to transfer capabilities out of the Reserve components and into the active-duty force.

"We find ourselves in a war against terrorism that may last decades," he said. "Our Guard and Reserve airmen will continue to be full and valued members of the total force throughout the conflict and into the future."

Air Force officials rely on

the participation of the Guard and Reserve as volunteers in virtually every aspect of daily operations, he said. They want them flying airlift, aerial refueling, combat air patrols, and running intelligence and space operations.

"The challenge isn't moving forces from the Guard or Reserve (onto) active duty; it's really finding better ways to support ARC airmen volunteering for duty," he said. "We want to encourage and reward them for volunteering by finding policies and developing practices to enable them to do so."

Dominguez said he sees full participation in the future but without involuntary mobilization of forces.

"We need to develop a way for our citizen airmen to be total-force participants without having to rely on the Cold War involuntary-mobilization tool," he explained.

Although mobilizing the nation's entire armed forces to

wage a final battle against the Soviets made sense during the Cold War, it is out of line with today's realities, he said.

"That's not the fight we're in anymore," Dominguez said. "We're in a fight where we may need someone tomorrow and then not need them for another three weeks."

"This can't be done with involuntary mobilization. We need to develop a way to allow the Guard and Reserve airmen to participate when needed and then return to their citizen-airmen status just as quickly."

These changes will not devalue Guard and Reserve airmen and the capabilities they bring to the fight; they will be just the opposite, he said.

"The Air Force recognizes the value, knowledge, expertise and skill embedded in our ARC airmen and how important they are to winning the global war on terrorism and meeting our 21st-century requirements," he said.

## Officials: No plans for compensation cuts

by Kathleen Rhem  
*American Forces Press Service*

Pentagon officials have no intention of lowering total compensation for troops in Iraq and Afghanistan, the Defense Department's top personnel officer said Aug. 14.

David S. C. Chu, defense undersecretary for personnel and readiness, took questions from the media in response to published reports suggesting DOD would cut the pay of forces serving overseas in the war on terrorism.

At issue are temporary increases Congress approved in April for two forms of compensation: imminent danger pay and family separation allowance. Imminent danger pay went from \$150 per month to \$225, while family separation pay increased from \$100 to \$250 per month. The two increases are set to expire Sept. 30, and defense officials have urged Congress not to extend them, say-

ing they are unfunded.

But, Chu stressed, this does not mean troops serving in Iraq and Afghanistan will see a cut in their total take-home pay.

"We are not going to reduce their compensation," Chu said.

Another senior official called the notion that the Pentagon would cut pay to combat troops "absurd."

Instead, Defense Department officials would prefer to compensate the troops through other means.

"We have some incentive pay with which we can compensate people in Iraq (and Afghanistan), should the current allowance provisions expire," Chu said. Among these are hardship-duty pay and incentive pay.

Officials have not worked out all the details yet, at least in part because Congress may still approve extending the increases in those two allowances, which the department would then have to find a way to pay for, Chu said.

## Academy seeks new slogan

The U.S. Air Force Academy's Association of Graduates is seeking a new slogan to affix to the ramp leading into the cadet area here.

"Bring Me Men" was the previous slogan. It was based on an 1894 poem by Sam Walter Foss, which reads in part, "Bring me men to match my mountains, Bring me men to match my plains," and was put in place in 1964. The academy became co-ed in 1976, but the name remained until earlier this year.

The words were removed from the ramp March 28 as part of cultural changes, according to officials. The words will be replaced by a statement representative of the aspirations of the entire cadet wing and the of core values of the Air Force.

For the interim, the ramp is now known as "The Warrior Ramp." It remains the site where basic cadet trainees mark their transition from civilian to military life.

The Association of Graduates is now accepting suggestions from all



Photo by Danny Myers

**Cadets of the Air Force Academy Class of 2003 celebrate at graduation ceremonies May 28 as the Air Force Thunderbirds fly overhead. The 974 students marked the academy's 45th graduating class.**

academy supporters. Suggestions may be submitted via e-mail, to: [editor@aog-usafa.org](mailto:editor@aog-usafa.org). (AFPN)





Photo by Master Sgt. Kenneth Fidler

**Russian air force deputy commander, Gen. Lt. Alexander Nikolaevich Zelin (center), greets Col. Stephen Mueller (right) and Maj. Kevin Thrash at Zhukovsky airfield for the 6th Moscow Aviation and Space Show.**

## USAF lands in Moscow

U.S. Air Force aircraft landed at Zhukovsky airfield just south of Moscow Monday to participate in the Moscow Aviation and Space Show, a first for the U.S. military.

Visitors will get a close-up look at five U.S. Air Force aircraft and see a daily F-15C Eagle aerial-demonstration flight along with MiG-29s and Su-27s piloted by Russian air force flight demonstration teams.

The American aircraft on display include the B-52 Stratofortress, F-16 Fighting Falcon, F-15E Strike Eagle, KC-135 Stratotanker and C-130 Hercules. They are among the 200 aircraft participating from

around the world.

“This is a unique opportunity for us to showcase our capability,” said Col. Stephen Mueller, the 52nd Fighter Wing commander from Spangdahlem Air Base, Germany, and the U.S. military cadre commander at the show. “Our participation enhances our military-to-military contacts with Russia and supports our security cooperation.”

The show is open to the public today through Sunday. In 2001, the Department of Defense participated with a technology booth, but this is the first time U.S. military aircraft have been displayed. (AFPN)

***Off we go!***



**“Actually, Airman Snuffy, lack of preparation on my part does constitute an emergency on yours.”**



# Running 411:

## *What new runners need to know*

by **Senior Airman Cat Trombley**  
*Kunsan Air Base, South Korea*

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Running long distances can be an intimidating task, especially to airmen who have not stepped foot on the track since basic training.

But, for those who want to start running, there are ways to start a program so runners can meet their target distance and time without injury.

“There are many methods to follow when starting a program,” said Capt. Huey Latham, 8th Medical Operations Squadron physical therapist and marathon runner. “Most people do ‘walk and run’ in which they walk a distance, then run a certain distance. Another method is to run for a specific time and then walk for a specific time.”

Latham said when runners make changes to their routines, they should only step it up slightly.

“When people are starting a training program they should follow the ‘FIT’ principle,” Latham said. FIT stands for frequency, how often you run; intensity, how hard you run; and time, length of activity, Latham said.

“Only one of these variables should be increased in a week, and the increase should not exceed 10 percent of what you were doing the previous week,” he said.

“Cross-training can be done on off-days and supplemented with a non-pounding aerobic activity or weight training. Learn to listen to your body, and if it feels tired or fatigued, take a rest day,” Latham said.

New runners have to be especially careful not to cause injury. Accelerating a running program too quickly can cause a number of injuries, he said.

“Too much, too soon, too often causes overuse injuries. The most common injuries are muscle pulls of the lower extremities — more often the hamstrings, quadriceps and the calf muscles,” Latham said.

Some of these injuries include:

- Runner’s knee, pain around the

kneecap caused by tight tissues on the outside of the knee and weak muscles on the inside.

- Iliotibial Band Syndrome, pain on the outside of the knee caused by running downhill or on banked curves, like on the side of the road.

- Shin splints, pain in the lower leg caused by excessive pounding.

“Adhering to the FIT principles is the best way to avoid injury,” Latham said.

If injured, rest, increase flexibility, medicate, ice, maintain strength and

endurance of

leg and hip

muscles, and

gradually return

to activity with

respect to pain.

These are the best ways to treat an injury, Latham said.

Almost any runner will tell a “wannabe”

runner, having the right shoes is important.

Go to a running store to find running-specific shoes. Some base exchanges have a chart about running shoes and shoes on display. Spend 30 to 40

minutes at the store. Take time to look at all the shoes and prices.

Wear the kind of socks you are most comfortable running in. The wrong socks can alter the fit of the shoes.

Selecting a running shoe is based on three basic foot types: flat feet, normal- and high-arched.

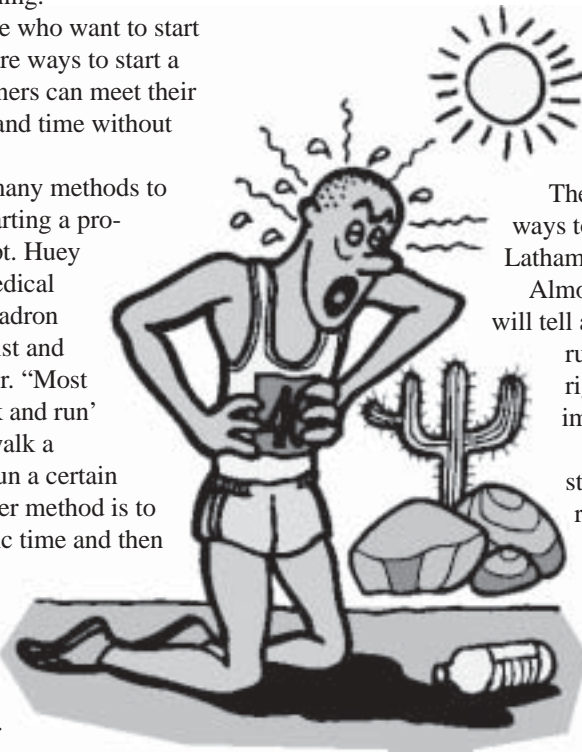
“Shoes should be bought to accommodate the foot type,” Latham said. “Shoe designs come in motion control, stability and cushion.

“Runners with flat feet tend to (land on the outside edge of the foot and roll inward) and need a motion-control shoe. Most people have a normal arch and need a shoe providing stability. Runners with high arches need a cushioned shoe,” he said.

If the sole of the shoe is straight, it is for flat feet and motion control. If the sole is semi-curved, it is for normal arches and provides stability. If the sole is curved, it is for high arches and provides cushion.

By following steps to ease into a running program and having the right gear, a new runner should be able to get to their target distance and time, injury-free.

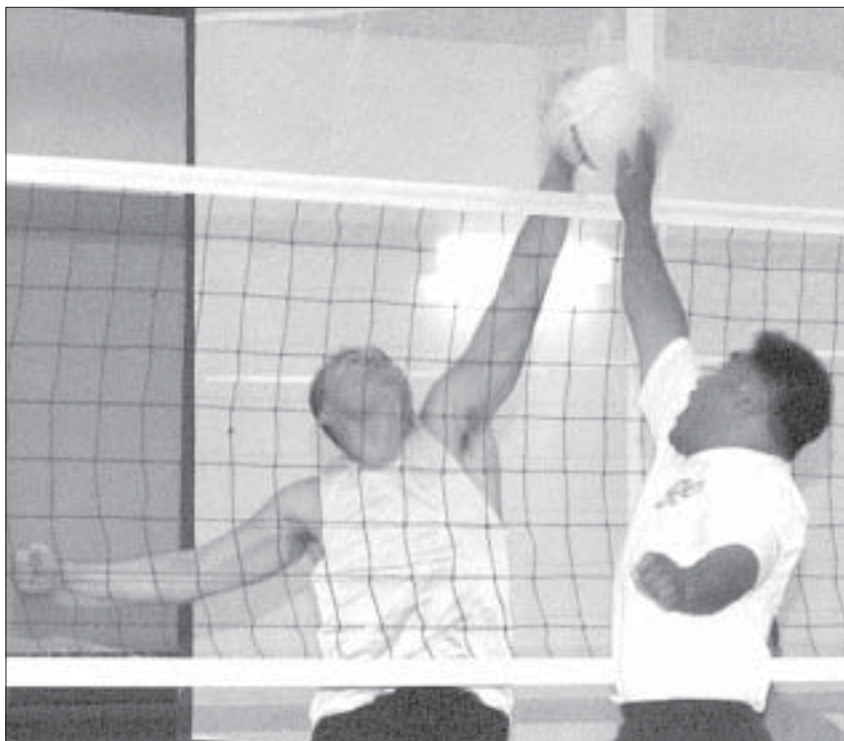
(AFPN)



## Reach for the sky

Far right: Tremayne Woods (left), 49th Civil Engineer Squadron, hits a high shot over the 49th Maintenance Squadron's front line during base intramural volleyball action Wednesday night.

Right: Cesar Rodriguez, left, and Fiat Vai battle with the ball over the net to try to score a point. The CES team won the night with scores 25-19 and 26-24, and boosted their record that night to 4-5 by defeating the maintainers, who drop to 4-6.



Photos by Amn. Stephen Collier

# Soccer news

## Soccer standings

Monday/Wednesday				
UNIT	W	L	D	Pct
GAF Supply	8	0	2	.900
GAF Electr Sq.	7	2	1	.750
49th LRS	6	2	1	.722
49th CES	4	4	2	.500
49th MMG	3	5	3	.409
49th MXS	1	7	2	.200
49th SFS	0	9	1	.050

Tuesday/Thursday				
UNIT	W	L	D	Pct
GAF HQ	9	0	1	.950
49th MDG	7	3	0	.700
GAF 2nd Ln MX	5	3	1	.611
GAF 1st Ln MX	4	4	1	.500
4th SPCS	1	8	0	.125
20th FS/7th CTS	(forfeit out)			.000



## Soccer schedule

Monday:	
5:30 p.m.	— GAF Sup. vs. LRS
6:30 p.m.	— GAF Elec. vs. MXS
7:30 p.m.	— MMG vs. SFS

# Volleyball news

## Volleyball standings

## Volleyball schedule

Monday — Court 1:	
5:30 p.m.	— GAF-B vs. FW/MSS
6:30 p.m.	— CS-A vs. SPCS
7:30 p.m.	— MOS vs. SVS
Monday — Court 2:	
5:30 p.m.	— SPCS vs. TG
6:30 p.m.	— TG vs. CS-B

Tuesday:	
5:30 p.m.	— MMG vs. LRS
6:30 p.m.	— GAF A vs. MDG
7:30 p.m.	— MXS vs. CES

Wednesday — Court 1:	
5:30 p.m.	— GAF-B vs. CS-B
6:30 p.m.	— SPCS vs. FW/MSS
7:30 p.m.	— FW/MSS vs. SVS

Wednesday — Court 2:	
5:30 p.m.	— SPCS vs. MOS
6:30 p.m.	— TG vs. CS-A

Large Unit			
UNIT	W	L	Pct
49th LRS	10	1	.909
GAF A	8	2	.800
49th CES	5	5	.500
49th MMG	4	6	.400
49th MXS	4	7	.363
49th MDG	1	9	.100

Small Unit			
UNIT	W	L	Pct
GAF B	10	2	.833
46th TG	9	2	.818
4th SPCS	7	3	.700
49th CS A	8	4	.666
49th FW/MSS	5	4	.454
49th MOS	4	8	.333
49th CS B	3	8	.200
49th SVS	1	11	.083